



Cold Cuts

Volume 17 Issue 1

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Managing Raynaud's Requires Being Your Own Advocate

By Jan E. Gnall, MPA, BS, MLT ASCP

Raynaud's is a chronic condition, regardless of whether it is primary (not associated with another illness) or secondary (from an underlining illness). Having Raynaud's for almost 8 years, along with Systemic Diffuse Scleroderma, I have found that in addition to medication therapy, there are many ways that you can help manage Raynaud's, and they range from mental to physical.

First, your primary goal should be prevention. Understanding when and what causes you to have an attack can help you prevent the onset and/or even decrease the severity of it. Any circumstance that brings on a Raynaud's episode I call a trigger and have categorized some of mine with helpful hints on how to deal with each one. Becoming familiar with your triggers plays an important part in managing this chronic condition.

I have recently written a workbook called *Be Your Best Advocate*, in which I describe Raynaud's Phenomenon and Scleroderma, ways to prevent attacks, and ways to cope with your symptoms. Below is a small sampling of techniques that I use to manage my triggers. Please visit my website, www.BeYourBestAdvocate.com for more information about my book and to purchase Patagonia suggested clothing and accessories while supporting the Raynaud's Association and the Scleroderma Foundation.

Trigger 1- Temperature

- Be prepared for temperature changes, both indoors and outdoors.
- Have additional clothes readily available.
- Invest in clothing that keeps moisture away from the body.

- When dining, ask to be seated in the warmest areas of a restaurant.
- Drink fluids at room temperature and use insulated holders.

Proper planning for each day plays a role in managing this trigger.

Trigger 2: Stress

Here are just a few of my stress reducers:

- Think positive and learn to adapt.
- Get plenty of rest.
- Exercise daily.
- Meditation enhances coping abilities.
- Have an open mind and accept change.

Trigger 3: Lifestyle

- If you smoke, you need to stop. Smoking significantly aggravates Raynaud's.
- Avoid caffeine, another restrictor of blood flow and possible trigger.
- Eat smaller meals more frequently for adequate blood flow to your extremities.
- Find foods that help increase circulation, such as flaxseed oil. Talk to your doctor about taking supplements that may increase circulation such as niacin.

Remember to consult with your physician when introducing these or any other of my recommendations found in *Be Your Best Advocate*.

Jan E. Gnall, is author of Be Your Best Advocate, A Workbook for Improving your Life with Scleroderma, an Autoimmune Disease.
www.BeYourBestAdvocate.com

Testing an Infrared Device for Raynaud's

By Ronni Shulman
Vice Chair
Raynaud's Association, Inc.



A recent issue of *Cold Cuts* discussed Anodyne® Therapy, a non-invasive and drug-free infrared therapy device that its manufacturer claims may temporarily increase circulation and reduce pain for Raynaud's patients.

The device is used to treat pain and poor circulation, stiffness and muscle spasms related to a host of disorders including metabolic diseases including diabetes, hypothyroidism and hyperthyroidism; cardiovascular disease; infectious diseases including HIV/AIDS and Lyme Disease; vitamin deficiencies and others.

Anodyne Therapy, LLC, headquartered in Tampa, FL, sent the Raynaud's Association a unit to test (Model 120, for patient and nursing use). Although the product literature that comes with the device does not specifically mention Raynaud's, the company enclosed a flyer to describe how and where to place the four therapy pads on the hand. Our unit did not contain the optional pads for the feet.

The unit consists of a main module that emits pulsed energy to the attached treatment pads (secured with

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Member Tips



Mustard Compress— Dorothy in Florida sent us an excerpt from a book called *Food Cures: Breakthrough Nutritional Prescriptions for Everything from Colds to Cancer* published by Reader's Digest. There's a section on mustard that says:

"Mustard also packs enough heat to break up congestion, the reason it was traditionally used in chest plasters. Like cayenne pepper, it has the ability to deplete nerve cells of substance P, a chemical that transmits pain signals to the brain, when used externally. **A mustard compress also brings more blood to the fingers of people with Raynaud's phenomenon, a circulatory problem that causes frigid fingers.**"

We've seen some warnings that there's a danger of getting skin burns from mustard plasters, so be careful if testing this tip!

Sheepskin Lined Shoes—Marilyn in New Mexico has discovered the joys of sheepskin lined shoes after researching web sites for hunters.

She particularly loves Merrell's shoe line called Encore Chill. The first time she wore them, she was outside for 30 minutes due to locked doors and would ordinarily have been miserable but the shoes kept her warm! "The \$90 was worth every penny." Now she says her feet never leave sheepskin except to shower and sleep. Thanks for sharing, Marilyn!

We've also seen replacement insoles sold for Merrell's shoes—could be handy for those of us who wear them out from living in them all season!

To share your stories with fellow Frosties, write to lynn@raynauds.org.

Q&A

Following is an answer contributed by **Dr. Hal Mitnick** of our Medical Advisory Board to a question asked by one of our members:

Q: *My friend was diagnosed with Raynaud's several years ago. Now he has a rare form of lymphoma called Waldenstrom's Macroglobulinemia. Is there any connection?*

A: *Yes, there is a long known and important relationship. Cancers associated with paraproteins, myeloma, and Waldenstrom's, are known to associate with Raynaud's. Raynaud's associated with cancer is often late in life, affecting few digits, and associated with tissue loss. It develops with the onset of cancer—not after many years of Raynaud's. There are no specific tests, but the onset of Raynaud's in the older population should trigger testing for autoimmune disease as well as paraproteins.*

Submit your questions to:
lynn@raynauds.org

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Grabber Warmers has again agreed to be the official Newsletter Sponsor for the Raynaud's Association.

Looking for a warm solution to tingly or painful hands and toes? Grabber Warmers give continuous heat to hands, toes and your entire body! Just open the package and expose warmers to the oxygen in the air for hours of relief.

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DISCLAIMER: The Raynaud's Association does not endorse the drugs, treatments or products reported and advertised in this newsletter. Each patient's needs and experiences may vary. Member tips and product reviews are not clinically-based reports. So please review all treatment options with your doctor and use caution in exploring new products.

Infrared Device



Heat Myth?



(Continued from page 1)

Velcro around the patient's skin). According to Anodyne, the infrared light increases circulation by dilating the blood vessels that supply oxygen and nutrients to the nerves in the peripherals (arms, hands, legs and feet).

The model we received was compact and lightweight. I was the first to experiment with the device (other Frosties are testing it as well).

When I tried to attach the pads to my hands as directed, I found them to be unwieldy (and the infrared diodes did not cover my fingertips). Since I had used the professional model in a chiropractor's office, I simply adjusted the pads to fit more securely. I kept them on each hand for approximately 15 minutes, using the device about 5-7 days per week for a month.

I felt a small amount of warmth being emitted through the pads, but otherwise there was virtually no sensation. At the end of the trial period, I felt some improvement in Raynaud's episodes, although the testing period was during a relatively mild time of the year. I also couldn't be certain whether or not I was experiencing a placebo effect. By no means was this a scientific test.

The most notable result of the trial came as a surprise, occurring when I was visiting my doctor's office. As the nurse was checking my vital signs, she performed a simple oxygen saturation test. This test involves placing a clip on a fingertip to determine whether there is enough oxygen in the red blood cells. In the past, no one performing this test was able to get a reading. The technicians would place the clip on one fingertip, then another. Sometimes they tried my

toes next, then even my earlobe. If the doctor deemed it important enough to get this information, the next step would be an arterial blood gas test. That's a painful test whereby blood is drawn from the artery in the wrist.

I was extremely pleased that the clip worked. It worked then and during the next two times I had the test done at another doctor's office and in a hospital. I can't say for certain that this proved the Anodyne treatment worked, but it seemed convincing.

"We have not conducted studies on Raynaud's," says Jennifer Turtzo, Anodyne's Marketing and Clinical Training Specialist, "but we have received a lot of positive feedback from various therapists and patients." Turtzo also noted "Anodyne Therapy is not a cure. We market it as a safe, drug-free (and side-effect free) effective pain relieving treatment."

Model 120 Home Systems range from \$799 for a refurbished unit to \$1399 for a new one. Another unit (FLEX CTS) is designed for Carpal Tunnel treatment, with a small therapy pad that covers the wrist (not the hand). Turtzo notes, "I don't think this would be the best option for Raynaud's patients, but at \$249, it is worth a try for those on a limited income."

Medicare and private insurance companies do not cover infrared or laser therapy for any condition.

My advice is to try the treatment at the office of one of the 4500 care providers nationwide (including home care agencies, outpatient rehab clinics and nursing homes). Additional information is available at 800-521-6664 or at www.anodynetherapy.com.

You've heard the claim:

"We lose most of our heat through our heads." But is it really true?

Scientists now question this belief. In a 2008 report published in the *British Medical Journal*, researchers hypothesized that this accepted fact resulted from a misinterpretation of a military experiment conducted in the 1950's. In this study, volunteers were dressed in insulated Arctic survival suits for the purpose of documenting where the body lost most of its heat. As the only exposed body part was their heads, scientists now say the results were predictable. What if they hadn't been wearing shoes—would the greatest loss have been in the feet? If true, how could these results have been repeated so often to become gospel?

A new controlled study conducted at the University of Manitoba specifically measured the value of exposing the head to freezing temperatures. The result proved "heat loss from the head is not disproportionately increased over what would be expected from the head's contribution to total body surface area" and is now accepted as the new rule. OK, but I'm still not going out without my hat!

Attention: Chicago Area Members

Live in the Chicago area? Interested in connecting with nearby Frosties? Please let us know. Send an email to lynn@raynauds.org, or call: 800-280-8055.

MUTTS by Patrick McDonnell

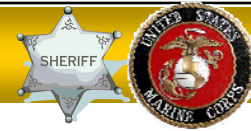


MUTTS © 2010 PATRICK MCDONNELL. KING FEATURES SYNDICATE

Clothing Retailer Tests Walk-in Freezer

Men's clothing chain Mark's Work Warehouse in Canada spent \$35,000 installing a freezer in its Alberta store for shoppers to test out cold-weather gear. The conditions simulate wind chills to -40° . If that's simulating conditions in Alberta, Frosties beware!

Living with Raynaud's: My Story



By Bob Hubauer, Member

I have been living with Raynaud's for quite some time. Anyone who has it knows how painful and frustrating it can be, to say the least. Even as I sit here typing, the air-conditioning—a must in Georgia—is affecting me.

As a Gunnery Sergeant in the U.S. Marine Corps (where I served for over 20 years), I spent several tours in very cold and very hot and humid areas throughout the world. Eventually I was transferred to New England to the Naval Air Station in So. Weymouth, MA. What a great deal, I thought, because I grew up just north of the base. It seemed a strange place for a Marine to be assigned, but I didn't argue.

As the New England winter came on, I noticed that my adjustment to the cold was taking longer. I was having a very bad experience with my hands and feet. I grew up in this weather so I wondered what the hell was wrong. My hands just went numb; they were absolute white with a lot of pain. No matter what I did I could not make them better.

I finally went inside one of the buildings and ran to the sink. I turned on the water and just stuck my fingers in the hot steaming water that was flowing out. It started to sting at first, but after a minute or so the water felt HOT, really HOT. My fingers were now turning a blue/black color. The feeling in my fingers was returning, and the new pain of the extreme heat was easy to tolerate. It was "good pain" compared to what I had experienced with the cold weather. My fingers were slowly returning to normal and the pain and numbness were going away. I was in heaven.

After some time, I decided to have the problem evaluated by the local U.S. Navy medical facility. They referred me to a large hospital in Boston. After examination by a neurologist, I was told I might have a condition called Raynaud's Phenomenon. She explained the condition really well and provided me with several preventive measures and a prescription for some blood pressure type of medicines.

As I left the hospital to return to the south shore of Massachusetts, where I was stationed, the weather had changed. When I had arrived at the hospital it was really nice outside; when I left it was snowing and the temperature had dropped at least 20 degrees. As I waited for the trolley my hands and fingers were letting me know I was in serious trouble. I made my way back home and immediately soaked my hands in hot water in the kitchen sink.

"I have had a lot of injuries, combat and not combat related. I have to say, without a doubt, the issue with Raynaud's has been the number one issue.

Bob "Gunny" Hubauer
GYSGT USMC (RET)

My wife was concerned, as she expected me to return home from my appointment with a better cure or treatment than running in the house and frantically searching for hot water. My fingers came back to normal eventually. The medicine I was prescribed worked, I suppose, except that when I sat up out of a chair, I would almost pass out. This was not a solution!

I continued my career in the Marine Corps, fighting the Raynaud's. I went for years just adjusting to my environment and locations throughout the world. Even as much as I hated hot and super-humid places, the back of my mind always reminded me of absolute pain and coldness in my hands. I did not complain.

I retired from the USMC in 1994. My family relocated to Cobb County, Georgia. The next year, I was hired by the Sheriff's Office there.

I really wasn't concerned about the Raynaud's when I got hired. It wasn't until I was at the pistol range that I noticed the return of my "little friend." I was writhing in pain and could not even feel my fingers. This concerned me as I needed at least one

of them to squeeze the trigger. I got through it, but...

I am still with the Sheriff's Office. I have adapted to known and scheduled events to overcome my issues with Raynaud's. However, given the choice of my profession—not being able to control the environments to which I am assigned—I may find myself in a serious predicament. I have learned to adapt and control a bit more. Even in the fall and winter, when I drive home, my hands go into overdrive. I race to the house. As soon as I get in, my first stop is the kitchen sink for that life-saving hot water. How many of you have stuck your fingers directly in the heating vents? I know you have!!!

I have had a lot of injuries, combat and not combat related. I have to say, without a doubt, the issue with Raynaud's has been the number one issue.

My suggestions to all are keep your hands and body warm, and to cut back or stop smoking. I don't care where you grew up, how bad you are. I am a Retired US Marine and currently Deputy Sheriff. I grew up in the cold of New England. If you are having issues with your hands or feet going numb, then deal with it. Go get examined and treated. Don't let it go on for so long that you just get "used to it."

After receiving my first *Cold Cuts* newsletter from the Raynaud's Association, I knew that there were other folks going through the same thing. I was so impressed with the newsletter that I decided to write. This is the first time I have ever written a message or article, anywhere!!

I just want to reach out, especially to any vets who may have this curse of Raynaud's.

Semper Fidelis,

Bob "Gunny" Hubauer
GYSGT USMC (RET)

Let us hear your Raynaud's story. Please e-mail it to us at lynn@raynauds.org.



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Hartsdale, NY 10530

800.280.8055 www.raynauds.org lynn@raynauds.org

RAYNAUD'S ASSOCIATION MEMBER MAILING LIST UPDATE AND DONATION FORM

Please let us know if your address is correct and confirm your commitment to the Raynaud's Association. **As we're a volunteer non-profit organization, we really need your help to continue operating our web site and newsletters, so please donate now! We cannot continue to operate without the help of individual donations.** Return the form and your donations to the Raynaud's Association at the above address. You can also donate via credit card on our website at www.raynauds.org. Also, please take a moment to tell us your interest in some of the new products we're discussing with manufacturers below.

Thank you and warm regards!

1. New Product Preferences: (please check all below that interest you)

- Heated Steering Wheel Covers
- Heated Umbrella Handles
- Heated Pocket Liner
- Heated Car Seat Cover
- Heated Ski Pole Covers

2. My 2010 contribution to the Raynaud's Association is enclosed:

- \$20
- \$35
- \$50
- \$100
- Other _____
- I recently paid via check or Pay Pal (Thank you!)

Name: _____	I have /my child has:
Address: _____	<input type="checkbox"/> Primary Raynaud's
City: _____ State: _____ Zip: _____	<input type="checkbox"/> Secondary Raynaud's
Phone: _____	Primary Condition: _____
E-Mail: _____	<input type="checkbox"/> Not Sure
<input type="checkbox"/> Check here for address change or correction	

The Raynaud's Association, Inc. is a 501(c)3 non-profit organization. All donations are tax-deductible.

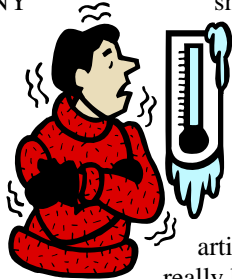
Note: We respect your privacy, our list is never rented or sold.

In The News: Furnace Abstinence

People everywhere are looking for ways to lower their heating bills and conserve our natural resources. Brrrrr—I get the chills just reading about it! How can anyone sane choose to be “Chilled by Choice” (the NY Times headline)?

But wait, there’s more: USA Today reports in Maplewood, NJ there’s a local contest for those who go the longest without turning on their furnaces. The prize? An iceberg-shaped trophy. There would have to be cold hard cash for most of us to even entertain participating in such a promotion. But still Americans are doing just that across the country. USA Today reports Americans from Oregon to Connecticut, even frigid Maine, are reporting going cold turkey motivated by thrift and their eco-conscience, entering contests with catchy names like “Freeze Yer Buns.”

How do they do it? Much like we Frosties get through normal winter



challenges, including wearing more clothes, putting hot water bottles under the mattress and using an electric blanket on top (hey—that uses energy, too!).

One contest host in Seattle says she’s found that people’s low temperature thresholds drop during the challenge as they get used to the cold. Wow—wish we could bottle that! Obviously there are no Raynaud’s participants...

One comment made in these articles suggests that people don’t really know how to dress for being cold indoors. Ski wear doesn’t cut it, as down jacket sleeves get in the way of doing simple household chores.

Whether you applaud this lifestyle or not, there’s no question there’s a market for indoor clothing and heating aides for Frosties. The alternative: You can compete for cuddles with the family dog, like the Nichols family in Maplewood, NJ. Their dachshund Poochie has become a hot commodity!

Save the Date

RAYNAUD’S DAY

**Scleroderma Foundation
National Patient Education
Conference**

July 30—August 1, 2010

Boston, MA

Watch our web site and your mailbox for more information.



Member Stories

I am a 14 year old boy with Primary Raynaud's. I got diagnosed by the doctor 2 weeks ago.

It wasn't really surprising because I had a lot of the symptoms for 3 years, but never knew what was going on. So now I'm 14 and I've got this disease.

Sometimes I have trouble with it because I can't hold a lot of things that are cold very long. Some limitations are I can't go outside in the winter very long, without my fingers and hands going numb and red. And sometimes painful. I don't use meds for Raynaud's. I just try to cope with it. I can't drink caffeine or eat a lot of sugar or my fingers will tingle. My feet and toes are always cold, and sometimes they hurt.

And some advice for other people with it is don't worry you're not alone. I got it and don't worry about it—because from what I hear it makes it worse.

Sincerely,
J.V. from New York

I am an avid outdoors woman and have outdoor animals. My life is lived in ever changing environmental conditions. I have always been susceptible to the cold, but as a young woman, my hands and feet would be white and hard when others' were merely chilled.

After decades of being told I was just 'cold blooded' or 'a girly girl' by doctors, a new, young doctor diagnosed Raynaud's. Finally! I didn't get much more than a brief overview, but it was enough.

I have since become a nurse and done my own research on the subject. I have had the opportunity to educate patients and other healthcare professionals.

I cope by having plenty of hand warmers around, the Hotties or Grabber by Mycoal. My husband gives me a case of them every fall on my birthday! I carry them in my pocket at work. I also use the adhesive toe warmers for hunting and cold weather activities. I bought electric gloves; the batteries discharged too quickly. I keep a

basket of gloves and Hotties at the mud room door to grab as I leave. I keep a plug-in electric blanket in my truck for emergency warm-ups. I wear Uggs at home in the house, and have Bucky type microwaveable pads for my shoulders and lumbar area. In the winter, I keep a heated throw on my favorite chair. I preheat my bed with an electric blanket. And, I cope. It really is an adopted lifestyle, providing for one's warmth just like one would remember medications.

Glad to be a part of the community!

Sincerely,
L.S. from Oregon

All my life I've been extremely active in sports but as the intensity of the sports increased, I started to experience discomfort in my feet.

In February of 2007 I had to have pins surgically implanted into my feet. Shortly after the surgery my feet started to turn bluish-purple. I went to the

(Continued on page 8)

Hot Products for Cold Sufferers



Following are products we thought could be useful for us Frosties:

Sharfs — We discovered an award-winning artisan who has invented an item called a “sharf” — a word she coined for her wearable art. A sharf is narrower than a shawl but wider and longer than a scarf. Beyond the shape, another distinguishing feature is that they are one-of-a-kind, limited edition textiles made of unique threads obtained from sources around the world. A classy way to stay warm when wearing spring and summer fashions. Each one is unique, so contact the artist directly for styles and pricing. Email Janet Meddings at jmeddings1@kc.rr.com.



Temperature Regulating Sheets & Blankets

— These bedding materials claim to eliminate chills using a technology developed by NASA to help astronauts adapt to extreme temperature fluctuations. The Smart Fabric Technology absorbs, stores and releases heat to continuously maintain a com-

fortable temperature for a peaceful night’s sleep. Great for mixed Frostie/non-Frostie partners, as the temperature adjusts independently to each sleeper. Sheets come in Queen and King sizes for \$169.95 to \$199.95 a set. Blankets come in Twin through King for \$99.95 to \$149.95. Order from Hammacher Schlemmer at www.hammacher.com or call 800-543-3366.

Outdoor Research PL 400 Mittens

— We found these mittens in a NY Times article recommending gloves for runners who brave the cold in the winter months. These mitts caught our attention because — while thin for dexterity — they have two layers of fleece for insulation. The palm has a silicon no-slip pattern that holds a good grip. Buy direct from Outdoor Research at 888-467-4327, or go to www.outdoorresearch.com. Come in men’s and women’s sizes SM to XL for \$35.00.



35° Below Fleece Insoles

— These trim-to-fit insoles claim to keep feet toasty at 35 ° below. Made of moisture-



absorbing wool fleece for a warm, comfy feeling with every step. Come in men’s and women’s sizes. Order by shoe size from FootSmart for \$12.99 pr.: www.footsmart.com, or call 800-870-7149.

Freehand Gloves

— For Frosties who need to tap away on their smartphones in frigid winter weather, it’s not easy with gloves or mittens. With Freehand gloves, the thumb and index finger tips swing open, exposing just these fingertips. Tap your text or scroll through messages, then flip the tips back on to get warm again. They also make gloves that work with touch screen phones and iPods that keep your fingers fully enclosed while operating the screen. Buy from Freehands at <http://shop.freehands.com>, or call 888-529-6116. *Editor’s note: I ordered a pair while working on this newsletter— they are part cashmere and really comfy!*



Please continue to share your new product finds with us. Write to lynn@raynauds.org, or call 800-280-8055.

Warm Hands are Finally in Fashion!

Everywhere you look this season fingerless gloves are in vogue.

Finally, we can dress to be warm in the office, on the go, or just home at the computer and still have lots of fun, colorful options!

Send us pictures of your favorite fingerless gloves, or other warm fashion statements and we’ll share them with your fellow fashion Frosties.

Frostie Fashion



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Member Stories

(Continued from page 6)

same doctor that had done my surgery to check it out, but he said it was just from the surgery.

After months went on I started to experience much more discoloration to my feet, especially my toes. Finally in April of 2008, my feet had gotten so bad they turned a dark purple and black and had gotten to a point where I had quite a few ulcers on my toes that would bleed at random times.

I visited my family physician who sent me to see a doctor to do tests on my arteries and blood vessels. After Dr. Erickson reviewed my results from the tests, he realized that I was experiencing a serious attack of Raynaud's.

That same day I was sent to a cardiac and heart transplant doctor. Dr. Zwicke was in awe that someone my age would be experiencing Raynaud's so severe. It was so bad they wanted to check me into the hospital that same day to have me go through a week long slow drip IV. As a 16 year old girl I was scared to death.

So instead of jumping right to a week long treatment, they gave me a treatment of Revatio, better known as

Viagra. If it wasn't for this doctor giving me Revatio, it would have most likely resulted in having parts of my feet amputated.

I have had to give up a lot of sports since I have been diagnosed with Raynaud's. A few days ago I had to go back to the hospital because I started to experience open ulcers again, and I am currently back on Revatio. I am presently suffering from Neuropathy in my feet. This doctor from Milwaukee, Wisconsin is one of few doctors that have been on the cutting edge of this new way in treating Raynaud's. I feel like it's my calling to let people know about this new discovery, and I am willing to do whatever it takes to let people become aware of this.

Sincerely,
M.M. from Wisconsin

I have suffered from Raynaud's for several years but as I have aged the symptoms have increased and have made life a little less enjoyable especially during our cold Midwest winters.

My doctor tried calcium blockers that gave me only minimum relief but I had to stop taking it due to a problem

with low blood pressure. I read on the Mayo website about some success with nitroglycerin cream. I took the study results to my doctor and he said there wouldn't be any harm in trying. Let me tell you the results are fantastic. One application to the backs of my hands in the morning gives me almost total relief for about 8 hours. The only side effect I have experienced is a temporary slight headache. It has improved my life immensely. I no longer have the stinging pain, horrible blue and purple fingers.

I hope other sufferers can have some of the same success I have experienced from using the nitroglycerin cream.

Sincerely,
C.R. from Nebraska

P.S. I am looking at my fingers right now and they look normal. **I feel like I won the lottery.**

We'd love to hear your Raynaud's story. Please fill out the Tell Us About You Form on our web site at <http://www.raynauds.org/index.php/join/tell-us-about-you>, or e-mail it to us at lynn@raynauds.org.

Cold Cuts



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